

Salmon Wraps/Sandwiches



Author: Brenna, Certified H.H.P. from Optimized Health

Servings: 2 (one for dinner, one for tomorrow's lunch)

Prep/Cook time: About 20 minutes

Ingredients:

- 8 ounces Wild-Caught Alaskan Salmon
- 2-3 Tablespoons Organic Mayo made with Avocado or Olive Oil
- 1/4 lime juiced
- 1/2 stalk Organic Celery, minced
- 1 Tablespoon Organic Green Onions
- Dash Pink Himalayan Sea Salt
- Dash Organic Black Pepper
- 2 Tablespoons Fresh Cilantro, chopped
- 1/2 Avocado, Sliced
- 4 large Organic Romain Lettuce Leaves OR 4 slices 'Gut Friendly' Bread, toasted

Salmon Wraps/Sandwiches

Instructions

1. Preheat the oven to 400 degrees F.
2. Place your salmon fillets in a baking dish and generously sprinkle with salt and pepper.
3. Bake for 15-20 minutes or until salmon flakes easily with a fork
4. Remove from oven and allow to cool in the refrigerator for about 10 minutes.
5. In a large bowl, add salmon and flake with a fork into small pieces. Add the mayo, green onions, lime juice, salt, pepper, and chopped cilantro. Mix well. Divide salmon salad in half and set aside half for these salmon wraps and store other half in fridge for tomorrow's lunch.
6. Rinse Lettuce leaves and pat dry with paper towels OR toast 2 slices of 'Gut Friendly' bread. Slice avocado.
7. Build lettuce wraps/sandwich with remaining salmon salad by scooping the salmon salad evenly onto lettuce leaves/slice of bread and top with sliced avocados.
8. Enjoy